

November 2022



42 Main Street S. Hagersville
905-768-4488 or hac@alzda.ca



Red Font= In Person Program
MUST REGISTER



Blue Font= Virtual Program



Black Font= Hybrid: Virtual & In Person Program Options

Tuesday	Wednesday	Thursday
1 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong Peer Group	2 11:00-12:00 Start With Art Focus: Make Your Own Poppy 1:00-2:00 Short Story Reflections Monthly Theme: True Crime 2:00-3:00 Pound Fitness	3 10:00-11:00 Tim Horton's Social (Hagersville) 11:00-12:00 Feel Good Series Focus: Music 12:00-1:00 Seasonal Decorative Arrangements Speaker: Catherine McGill 1:00-2:00 Brain Fit and More
8 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong Peer Group	9 11:00-12:00 Start With Art Focus: Seasonal Picture Frames 1:00-2:00 Short Story Reflections 3:30-4:30 Gentle Yoga (Virtual) NEW	10 11:00-12:00 Feel Good Series Focus: Easy Social Activities 12:00-1:00 War and Remembrance Speaker: Karen Richardson *light lunch is provided 1:00-2:00 Brain Fit and More
15 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong Peer Group 2:00-3:00 Chair Yoga	16 11:00-12:00 Start With Art Focus: Fall Gnomes 1:00-2:00 Short Story Reflections	17 10:00-11:00 HAC Brunch 11:00-12:00 Feel Good Series Focus: Pampering Yourself Brain Fit canceled for today
22 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong Peer Group	23 11:00-12:00 Start With Art Focus: Personalized Art 1:00-2:00 Short Story Reflections 2:00-3:00 Tai Chi NEW	24 11:00-12:00 Feel Good Series Focus: Pets 1:00-2:00 Brain Fit and More
29 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong Peer Group	30 11:00-12:00 Start With Art Focus: Christmas Pillow Cases 1:00-2:00 Short Story Reflections	For program access, registration or questions contact: Office: 905-768-4488 Email: hac@alzda.ca



Virtual Programs

***Brain Fit and More:** Brain stimulating activities using trivia, word games and mind exercises.

***Short Story Reflections:** Listen to a short story each week followed by an interactive, reflective discussion. Each month will feature a new theme.



Hybrid Programs *Join in-person or virtually.*

***Canvas and Mocktails:** Paint your own masterpiece with step by step instructions. Those at home will need their own supplies.

***Gentle Yoga (Virtual):** This class is designed for all level yogis. Relaxed pace to release anxiety and calm the body. Participants will be guided into meditation, breathing techniques, yoga poses and relaxation. If you are joining in person or virtually, please have a yoga mat, blanket, and an open mind. This class will be verbally descriptive for those who live with loss of vision.

***Feel Good Series:** There are so many ways to feel good about yourself. Each week discover new ways that will be easy to use at home.

***Headstrong: Expressing Your Change of Mind:** Head Injury Rehabilitation Ontario (HIRO) is pleased to offer this program for anyone who has experienced a traumatic or non traumatic change to their brain. Join us for the opportunity to share in a supportive environment. Each week we will explore a new topic.

***Seated Fitness:** Get moving with us for seated stretching, conditioning and toning the body. You will leave this program feeling happy, healthy and energized.

Speaker:

Catherine McGill (Horticultural Society): Catherine will bring experience to demonstrate how to make 2 seasonal arrangements. One arrangement will feature candy and flowers and the other a more traditional greenery and foam on a birch base. You will have a chance to win one of the arrangements when attending the demonstration!

Karen Richardson: This presentation will look at Haldimand County's involvement in WWI and WWII. Showcasing the 114th Haldimand Battalion during WWI and the fly training schools that were part of Haldimand during WWII.



HAC In Person Programs

- **Registration is mandatory** for all in-person programs. Please call the office or email to register.
- A fitted face covering is optional to wear.
- In person programs can be cancelled at any time. All registered participants will be notified if there is a need to cancel.
- Continue to maintain a 2 meter (6 feet) distance from others in the group.

***Start with Art:** Explore your creativity by making your own art piece each week. Step by step instructions and materials provided.

***HAC Brunch:** Enjoy a relaxed atmosphere, eat and socialize with others. Please register!

***Tim Horton's Social:** Join us at 5 Railway St in Hagersville to catch up, visit with others and enjoy a warm drink!

***Warm Up Haldimand:** Knitters and crocheters gather to make a variety of items to donate to agencies in the community. Yarn is provided.

***Pound Fitness:** Designed for all fitness levels, POUND® provides a great atmosphere for letting loose, getting energized, toning up and rockin' out! Bring your own mat and water. A \$5 donation is appreciated.

***Chair Yoga:** Lead by a certified yoga instructor. Join us for gentle seated yoga moves combined with breathing exercises and meditation. No yoga mats required, but are an option, chairs will be provided. Bring your own yoga straps or tie for stretching. A \$5 donation is appreciated.

***Tai Chi:** Regular practice of tai chi is very beneficial for people of all ages and abilities. Enjoy the many health benefits of tai chi in a safe and friendly environment. No previous experience is necessary, lead by an experienced instructor.